



2011 SPEED & AGILITY CAMPS



Gameday Sports Center and Avon Lakes Fitness Edge team up with Jim Toth of Erie Elite

Fitness and Justin Leonard of Kinesis Athletic Development bringing to you Northeast Ohio's finest in speed/agility training and sports education. We pride ourselves on the perfect technical development of athletes preparing them for competition at all levels.

Let's face it, there is nothing like flat out speed and agility that will make a difference in a game or any competition. We have all seen it; games are won and lost because of some player's quickness, speed and agility. Even your athletic career will be affected by how fast you are. There is no substitute for blazing speed to ignite your team, turn your game around, discourage your opponent, or just have a great time.

Speed Training: Practicing moving and accelerating faster helps to condition the neuromuscular system to improve the firing patterns of fast twitch muscle fibers. Two variations of basic speed training are **assisted** and **resisted** speed training. Assisted training (also called over speed training helps to improve stride frequency (2,3,4). Resisted speed training helps to improve speed-strength and stride length (2,3,4).

Agility Training: Most team sports consist of very few movements that occur only in a straight line. Nor do those movements occur at a fixed pace or for a fixed length of time. Agility and quickness training improves an athlete's ability to change direction, brake suddenly and perform sport-specific skills with speed and dexterity.

June 27th-July 1st
Located at Gameday Sport Center
Registration Deadline June 24th

August 15th-August 19th
Located at Gameday Sports Center
Registration Deadline August 12th



Level 1	Age 7-10	5:00pm-6:15pm	Cost \$80.00	Open To Boys & Girls
Level 2	Ages 11-13	6:15pm-7:30pm	Cost \$80.00	Open To Boys & Girls
Level 3	Ages 14-19	7:30pm-8:45pm	Cost \$80.00	Open To Boys & Girls

Registration Information

All camps will be mail in registration only. Please submit attached form with payment to the address listed below by registration deadline.

Jim Toth 2340
Conrad Street
Avon Ohio 44011

Please Make Checks Payable To Jim Toth

Additional Information (Office 440-822-9331)

Please contact our office for muti player, sibling, and team rates and discounts. For more information please visit us online at www.erieeliteacademy.com

Sign up for both camps and receive 2 free personal training sessions with Jim or Justin at Avon Lakes Fitness edge.

What should I bring to camp?

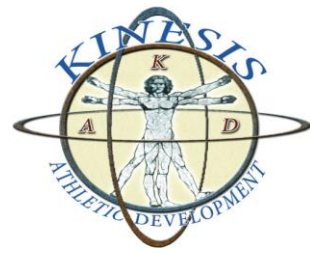
Please dress in comfortable athletic attire. A good pair of running shoes is highly recommended. You may also want to bring a towel and healthy snacks are encouraged.

Gameday Sports Center 46789 Route 20 Oberlin, Ohio 44074 440-774-2637

www.gamedaysportscenter.com



PROFESSIONAL STAFF



The purpose of running for any sport is to propel the body forward as quickly and efficiently as possible. Being quick and efficient are both keys in improving any athletes overall performance. Energy that is produced and doesn't contribute to forward acceleration or speed maintenance is considered wasted energy. Eating right to fuel the system, conditioning the cardiovascular system to carry fuel to the muscles, and increasing muscle strength to turn that fuel into energy can all be ruined by poor/inefficient technique. Our Speed and Agility clinic is geared towards looking at each athlete's running mechanics and making sure he/she is as mechanically efficient as possible. We will work on posture, proper force application, explosion, and balance.



Jim Toth Jr.



Justin Leonard

Licenses/Sports Education/Certifications/Continued Education

- USSF National D License Coach
- NSCAA National Coaching Diploma
- NSCAA Regional Coaching Diploma
- Certified Personal Trainer (IFPA)
- Certified Soccer Conditioning Specialist (IFPA)
- Certified Sports Conditioning Specialist (IFPA)
- Certified Nutrition Specialist (IFPA)
- Certified Group Fitness Instructor (IFPA)
- Certified Flex Band Training
- Certified Women's Fitness Specialist (IFPA)
- Certified First Aid & Sports Safety
- Certified CPR

Current Courses of Study:

- Fitness Consulting Specialist (IFPA)
- Kinesiology Specialist (IFPA)
- Kinetic Anatomy Specialist (IFPA)

- Bachelors of Science in Exercise Physiology/Clinical Exercise Specialist
- Trainer to elementary, middle school, high school, collegiate, and Semi Professional athletes
- Currently works with several elite youth baseball teams and individual athletes
- Has been working with Physical Therapists since 04
- Founded Kinesis Athletic Development 2010
- Over six years of clinical experience

Certifications/Affiliations:

- Member of *The National Strength and Conditioning Association (NSCA)*
- Member of *The American College of Sports Medicine (ACSM)*
- Registered for USAW Level 1 Sports Performance Coach
- Registered for USA Track & Field Level 1 Coach
- Currently pursuing the CSCS certification through the NSCA
The only certification recognized by the collegiate and professional ranks in the area of strength and conditioning worldwide.

TRAINING ATHLETES TO BECOME THE BEST THEY CAN BE





WHAT PEOPLE ARE SAYING



I have been playing for Jim Toth since 2003. Jim started training me while I was a freshman in high school and taught me just about everything I needed to know about becoming a collegiate level soccer player. I am now a freshman at Baldwin Wallace College and play for the Yellow Jackets' soccer team. Over the summer I worked with Jim to prepare myself to compete at the college level. I trained with him for two hours a day, three days a week. Jim would start off each session with a friendly conversation and objectives for the day establishing a positive relationship. Jim used a variety of training aids such as ladders, hurdles, cones, poles, weights, and training balls throughout the workout so nothing ever got old. His approach made each exercise interesting and fun as well as challenging. Jim knows how to push you to the point where you feel every muscle in your body is being worked. He puts you through a course that will make you stronger but not wear out your muscles completely. He would always make sure I stretched and had a good cool down so that my body wouldn't be unbearably sore the next day. After each training sessions I felt well worked and good about myself. Jim will do anything for his clients. He works around their schedule, stays late if you need extra practice or training, and pretty much bases his days off on his clients' needs. He designs a program that will best train you for your individual goals. Jim tailor designed a fitness program for me using elements of Baldwin Wallace's suggested summer training program and what he knew would be most beneficial to me knowing my individual strengths and weaknesses. The personalized workout was based on my baseline level of fitness and the level I needed to reach before starting college soccer. He gauged my workout schedule to progress so that I was at my peak level of fitness for Baldwin Wallace's training camp. By the time preseason training camp came arrived, I was in the best shape of my life. As proof to Jim's training methods I even finished first in Baldwin Wallace's Beep Soccer Fitness Test. During our training sessions not only did we work on fitness, but Jim recognized my weaknesses on the soccer field and pinpointed them for improvement. Another example of Jim's interest and dedication to his clients is that when I had trouble finding the right soccer shoes, he personally took me to Front Line and helped me pick out the best shoe for my style of play and position. I owe a lot of my success to Jim for getting me to the skill and fitness level I am today. After each week of training I felt myself becoming stronger, more agile, and more confident in myself as a collegiate athlete. Jim taught me that with hard work and determination, you can do anything you set your mind too. If you're looking for a good workout and a wonderful relationship with your trainer, then Jim Toth is the perfect trainer for you.

Angelica Meggitt

Baldwin-Wallace College Women's Soccer Team

I have been personal training with Jim Toth for a short amount of time, but I plan to train with him for much longer. He has improved my speed, strength, and ability to play soccer at a high level. He is a phenomenal trainer, and coach because he truly cares about you, and has your best interest at heart. While I was practicing I found it easy to trust him and be honest, which I think is important. The exercises are always extremely fun and helpful. He treats his job very seriously and was always prepared for the lesson. During the practices, he was energetic and motivating, always encouraging me to reach my maximum performance. He was also, always keeping me focused so I would not get hurt. When I first started out with him, I wasn't very good at most of the exercises but he was exceptionally patient with me, and I became much better at the workouts. When I would have a question he would always have an answer for me and was good at explaining. He knew how to push me to the point that I felt my muscles workout, but not strained. All of the conditioning that he planned was different so I would work out all the muscles in my body. His knowledge, wisdom and understanding for fitness and soccer has driven me to become a confident, stronger, and determined soccer player. Jim Toth is an exceptional trainer, and I would recommend him to any soccer player looking to become the best they can be.

Emily O'Connor

Avon Lake High School Soccer

“Justin Leonard of *Kinesis Athletic Development* is a proven expert in the field of exercise, fitness and kinesiology. Justin has worked with my sons for the past year and I have witnessed vast changes with their flexibility, strength and endurance. He is a tremendous role model for all that are concerned with naturally enhancing one's health and performance. Because of Justin, my sons now have a great respect for fitness and exercise.”

Doug Warren

Avon Lake City Schools

My son, Turner, is a 13 year old who has been training with Justin for about 1 1/2 years. Turner is an athlete who plays baseball, football and hockey. Since training with Justin, I've seen Turner make gains in the gym as well as on the playing field. I've seen improvements in speed, strength and agility but more importantly, injury free seasons. Not only has Turner been hitting the ball further but I've seen him make plays at 2nd base where he has had to move laterally to catch a line drive hit. A play he would never make without Justin's training. Justin has not only made my son stronger and faster, he is also showing him the correct mechanics of training. Turner has trained at other facilities but none compare to the training he receives with Justin. I attribute that to not only his knowledge of strength training but also his great personality. I have referred many athletes to Justin and will continue to do so in the future.

Sincerely, Tim Mudrock



CAMP REGISTRATION FORM



This class will be mail in registration only. Please fill out all information on this form and submit with payment to the address listed below. Be sure to include all contact information and e-mail address to ensure you can be reached in the event of any cancelations or change in schedule due to weather. Check payable to Jim Toth.

TODAYS DATE: _____ DATE OF CAMP: _____

ATLETES NAME: _____ AGE _____ DOB _____

PLEASE CIRCLE ONE: LEVEL 1 LEVEL 2 LEVEL 3

MOTHERS NAME: _____ # _____

FATHERS NAME: _____ # _____

MAILING ADDRESS: _____

PRIMARY EMAIL: _____

SECONDARY EMAIL: _____

EMERGENCY CONTACT: _____ # _____

MEDICAL CONDITIONS: _____

Medical Release

I verify my child is covered by medical insurance. She/he has been checked by a qualified physician and is physically able to participate in athletic activities. I understand that athletics has the physical risk of injury. I release this program, its employees, officers, agents, and hosting facilities from any damages and liabilities that may occur while my child is participation of this event.

Parent/Guardian Signature _____ Date _____

The vision of a champion is someone who is bent over, drenched in sweat, at the point of exhaustion when no one else is watching. ANSON DORRANCE –

JIM TOTH
2340 CONRAD STREET
AVON OHIO 44011